

Part 2

Read the text and fill the gaps with sentences A-G. Write the letter of the missing sentence in the box in the correct gap. There is one extra sentence you will not need.

Re-balance your mind

We each have our own personal energy vampires: people, anxieties and commitments that leave you without a moment for yourself. And although you can't get rid of them from your life entirely, there's plenty you can do to reduce the stress they create.

1 However, whether it's grief, anger or resentment, unexpressed emotions sap your energy and drain your happiness. So find a way to express your feelings. **2** Negative thoughts make you tired and anxious while positive ones give you a lift. So, work at re-thinking situations: make a conscious effort to seek out the positives in every situation. **3** Be aware of the things you feel pleased with yourself about and are grateful for, however small they may be.

We create a lot of stress through our own perfectionism but, in most cases, good enough really is good enough. The quest for perfection tends to be rooted in our own lack of self-esteem. **4** However, most people prefer to be around someone who doesn't do things perfectly and is more relaxed about life. So, congratulate yourself for the things you do well and accept your limitations with the rest.

Another way to fight stress is to cut back on your commitments. Make a list of all your responsibilities starting with the most essential and working downwards; then draw a line through the middle. **5** Things might not be done your way or as well as you would do them, but they will get done. This will give you some breathing space. **6**

- A. Cancel, excuse yourself from or delegate everything below that line.
- B. Always being on the go can become a way of avoiding difficult feelings.
- C. If you always say 'Yes' you'll regret it.
- D. End each day by writing down the good things that have happened.
- E. It can also come from a fear of others judging us.
- F. We make ourselves too important but it's important to share some of the responsibility, too.
- G. Start a journal, or talk to a counsellor to help you through the process.

Total: 6 marks